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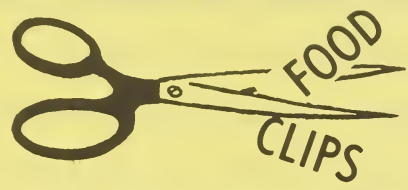
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Food and Home Notes

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All natural cheese should be kept refrigerated, according to marketing specialists at the U.S. Department of Agriculture.

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Storing cheese? When possible, the original wrapper or covering should be left on it -- and cover the cut piece with wax paper, foil or other wrapping material to protect the surface from drying.

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If large pieces of cheese are to be stored for any extended period of time, dip the cut surface in hot paraffin to help preserve it.

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Don't waste pieces of ends of cheese that have become dried out and hard. They may be grated and kept refrigerated in a glass jar and used for garnishing vegetables, soups, etc.

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"Coldpack cheese food" may contain sweetening agents, such as sugar and corn sirup -- or may contain pimentos, fruits, vegetables or meats.

WE'RE EATING MORE — Vegetables

Americans have been eating more vegetables during the past five years, according to U.S. Department of Agriculture reports. The trend, apparently, is, that the traditional side vegetable dish is now becoming an entree. Maybe you don't see "Roast beets with gravy" on the menu -- but there are some vegetables at the head of the list these days.

Consumption of fresh and processed vegetables rose from 209 pounds per capita in 1967 to 223 pounds in 1973, according to USDA's Economic Research Service of USDA. Price hikes for processed vegetables have been slower coming than on most other foods -- which may be one of the reasons.

Tomatoes led the increase in canned vegetable consumption. Consumption of tomatoes and tomato products--which account for half of all canned vegetables--gained five pounds per person between 1967 and 1973. Canned peas also enjoyed bigger demand in 1973 after lagging some in recent years.

ALMOST ALL ABOUT —

The art of making cheese -- separating most of the milk solids from the milk by curdling with rennet or bacterial culture (or both) and separating the curd from the whey by heating, stirring and pressing -- is centuries old. Favorite methods of making cheese were among the "treasures" brought by early settlers, the Colonists, when they settled in the "New World".

According to legend, an Arabian merchant carried his supply of milk in a pouch made of sheep's stomach as he set off across the desert for a long day's journey. The heat and the rennet in the pouch caused the milk to separate into curd and whey -- the whey satisfied his thirst, and the curd or cheese, his hunger. So the story goes -- it was the accidental beginning of one of our most useful foods.

Cheesemaking was first introduced in England by the Romans. And, during the Middle Ages, cheese was made and improved by the monks in the monasteries of Europe. Italy became the cheesemaking center of Europe in the 10th century, and Roquefort cheese was mentioned in the ancient records of the monastery at Conques, France in 1070. In this country, cheesemaking was a local farm industry until the middle of the 19th century.

The first cheese factory in the United States was built by one Jesse Williams near Rome, N.Y. And, for the next 50 years the area was the center of the cheese industry in the United States. The largest cheese market in the world was at Little Falls, N.Y. Gradually, however, the industry moved westward, centering in the rich farm lands of Wisconsin.

Many cheeses are named for the town or community in which they are made, or for a landmark of the community. Although more than 800 names are indexed, there are probably only about 18 distinct types or kinds of natural cheeses and no two of these are made by the same method.

— Cheese

The differences are in the details of setting the milk, cutting, stirring, heating, draining, pressing and salting the curd, and curing the cheese. There are more than 400 variations of these cheeses, but most fall into one of the areas of: Brick, Camembert, Cheddar, Cottage, Cream, Edam, Gouda, Hand, Limburger, Neufchatel, Parmesan, Provolone, Romano, Roquefort, Sapsago, Swiss, Trappist, and whey cheese (Mysost and Ricotta) -- classifications are: Very hard, Hard, Semisoft, and Soft.

"Canned" cheese refers to a method of packaging, not to a kind of cheese -- although cheese so packaged usually is American Cheddar cheese. In the 1930's, the U.S. Department of Agriculture developed a method for curing cheese in a specially valve-vented can which permits the escape of gasses, but prevents the entrance of air and hence prevents the development of mold.

"Cooked cheese" is so named because it is made by heating or "cooking" cheese curd. It is made not only in the United States but also in many foreign countries. In the United States, the local names include "Cup" cheese and Pennsylvania Pot cheese. When properly made, cooked cheese has an agreeable flavor and a smooth buttery consistence similar to Camembert.

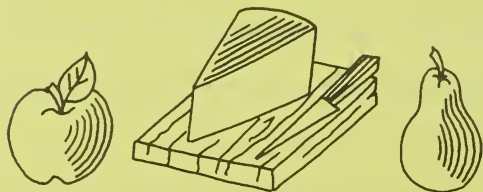
"Cornhusker" cheese, introduced by the Nebraska Agricultural Experiment Station about 1940, is similar to Cheddar and Colby, but has a softer body, contains more moisture, and takes less time to make.

"Blue" cheese or blue-mold, or blue-veined cheese -- is the name for cheese of the Roquefort type that is made in the United States and Canada from cow's or goat's milk, rather than ewe's milk. The French word for this type of cheese is Bleu. It was first made about 1918 here. USDA developed a method for making Blue cheese from goat's milk, and information has also been published on making it from cow's milk.

ALMOST ALL ABOUT — Cheese (continued)

"Cold-pack" cheese is also known as Club or Comminuted cheese. It originated in the United States and usually is an excellent product with a sharp flavor. This cheese is made from pasteurized-milk cheese or from cheese that has been held for at least 60 days at a temperature of not less than 35°F. It is made by grinding very fine and mixing without heat one or more lots of the same or different varieties of cheese with one or more so-called optional dairy ingredients, to which may be added one or more of the following: An acidifying agent, water, salt, color, spices, and a sweetening agent.

Cheese consumption in the United States (exclusive of cottage cheese) for 1973 was 13.7 pounds per capita, according to the Economic Research Service of the U.S. Department of Agriculture, and we consumed 2.8 billion pounds of cheese last year over-all. We imported 232 million pounds of cheese -- a big increase over the 1971 figure of 136 million pounds. In the 17 so-called "dairy" countries of the world, the United States ranks (per capita consumption) in ninth place. France is still the leading user of the most cheese with 32.1 pounds per capita (1972 figures) and Denmark with 24.5 pounds.



NOTE: Additional information for the MEDIA and photographs (when applicable) may be obtained from: Shirley Wagener, Editor of Food and Home Notes, Room 535A, Office of Communication/Press Service, U.S. Department of Agriculture, Washington, D.C. 20250. Or telephone 202-447-5898.
